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NEWS WORTH SHARING.

‘I have a contract. I plan to honour it’

Roberto Luongo breaks his silence ahead of Team Canada’s orientation camp PAGE 19

Method to his reefer madness

Justin Trudeau’s cannabis confession is a strategy to brand him as a ‘transparent’ leader, the Liberals say PAGE 6

BACK TO SCHOOL MEANS BACK TO THE KITCHEN

BUT FEAR NOT: CHEF MICHAEL SMITH’S SIMPLE ORGANIZING TIPS WILL HAVE YOUR SCULLERY FULL OF HAPPY YOUNG SCHOLARS PAGE 16

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Robbie Sanchez, former manager of Mavericks Sports Lounge on Kingsway, claims he worked 19-hour days without proper compensation. Sanchez and several other Mavericks employees have filed complaints with the Employment Standards Branch. KATE WEBB/METRO

Bar employees allege bilked pay

Labour dispute. A slew of complaints has been filed against Mavericks Sports Lounge on Kingsway

KATE WEBB
kate.webb@metronews.ca

At least 20 employees staged a walkout earlier this month at a Mount Pleasant sports bar and have filed complaints with the Employment Standards Branch over allegations they were shortchanged hundreds of hours in pay, Metro has learned.

The majority of the complaints, which have yet to be proven, were filed Aug. 12 against Mike O’Connell, owner of Mavericks Sports Lounge at 395 Kingsway.

The allegations include unpaid shifts and overtime and vacation pay, pay rates below the minimum wage, excessive hours, disrespectful treatment and human-rights abuses.

Robbie Sanchez, former manager at Mavericks, considers his old job “modern slavery.”

He alleges he was forced to work 19-hour shifts because O’Connell did not hire enough staff.

Sanchez asserts he never saw a dime of overtime pay.

“I slept there,” he said. “I had my own blankets rolled up and I slept on the floor there, because my body couldn’t make it.”

Former staff members say O’Connell bought the bar about five months ago and not one person who was working there then remains.

Two cooks claim they were paid $9 an hour, less than B.C.’s $10.25 minimum wage.

Waitress Stephanie Lipp, 24, alleges her shifts were slashed to one day per week in an attempt to force her out while she was pregnant.

She quit and has since filed a complaint with the B.C. Human Rights Tribunal for wrongful termination.

O’Connell dismissed the allegations as “totally untrue” but would not elaborate, suggesting he’d be open to an interview at a later date.

“I’m not going to be discussing this here situation. We have never heard nothing from the labour board that we had complaints,” he said.

The Employment Standards Branch confirmed it is investigating 20 complaints against Mavericks.

“As this is an active complaint file, no further information can be provided at this time,” said spokesman David Currie in an email.

Follow Kate Webb on Twitter @MetroK8

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Construction starts

Expect delays: Burrard Bridge getting greenway

Expect traffic snafus on the Burrard Bridge starting Monday as construction begins on Phase 1 of Vancouver's latest greenway.

The $6-million reconfiguration to the south end of the bridge and Cornwall Avenue east of Cypress will make it easier to navigate the intersection, a "safety hotspot" where cyclists and pedestrians currently use up to five crosswalks to get to their destination.

But drivers may want to use the Granville Bridge until construction is complete in spring 2014. The intersection will be a mess of lane closures, temporary traffic signals and new medians designed to encourage drivers to continue along Burrard until 4th Avenue or Broadway.

METRO

Believed to be same man

Langley sexual assaults appear linked: RCMP

Langley RCMP believe two sexual assaults since June may have been perpetrated by the same man.

On Aug. 20, a 19-year-old female was pushed to the ground and sexually assaulted at knifepoint in the 20600 block of 51B Avenue.

The suspect, wearing swimming goggles, left the scene on a bicycle.

On June 22, a 16-year-old female was waiting for a bus at the intersection of 42 Avenue and 204 Street when a driver — in a small silver hatchback — pulled up and ordered her to get in. Once the terrified girl was inside the car, she was sexually assaulted at knifepoint.

Langley RCMP continue to investigate both attacks, and ask anyone with information to contact police.

METRO

Hundreds of Vancouverites gathered to see musician Hilary Grist play for Stanley Park's 125th birthday party at Second Beach on Sunday afternoon. EMILY JACKSON/METRO

Park 125 years young

Botox or good genes?
Whatever its secret, Stanley Park is looking great as Vancouverites celebrate the lush, vibrant park's birthday

EMILY JACKSON
emily.jackson@metronews.ca

After 125 years, Stanley Park is looking pretty good for its age.

Locals and visitors alike attended birthday celebrations for Vancouver's 400-hectare park on traditional Coast Salish territory over the weekend to enjoy free music, beer gardens and end-of-summer sunshine.

Families, sunbathers and tourists on rented bicycles trickled in slowly for a polite afternoon gathering on the dry grass at Second Beach, but security staff said the event — and the licensed beer gardens — picked up steam for the evening concerts.

Everyone seemed to enjoy the relaxed atmosphere (after they finally found parking spots), and those who spoke to Metro were supportive of the party's price tag. (The city coughed up $200,000, the park board $50,000, and the feds $90,000, with private sponsors footing the rest of the $600,000 bill.)

"Urban green spaces are very important for the psyche of the city and the residents and visitors," said nearby resident Mitchell Kahn, who cycled to an afternoon concert at Second Beach on Sunday. "So celebrating the park's birthday, sure, why not?"

"It's just a good place to have fun and relax. It's a piece of history," said Vancouverite Tanya Mah, while her 3-year-old son Caden danced to the beats.

The park board doesn't yet have attendance figures for the festivities that featured a vintage car show, tours of the Mounties' stables and walks around the majestic trees, but spokeswoman Joyce Courtenay said the energy was high, especially at the stage and at family-oriented events at the Arch.

But the park board faces a cloudier to-do list when the festivities wrap up.

Last week, six of the city's 22 community centre associations filed a lawsuit against the park board for allegedly attempting to seize revenue and control from the non-profit groups. They want damages and an injunction against the OneCard, a universal access pass.

The park board announced Thursday it will be "vigorously defending" these serious allegations in court.

Oil spill could be 'overwhelming'

Officials in British Columbia privately warned that the province lacks the ability to manage oil spills from existing and future oil traffic, and even a moderate spill would overwhelm their ability to respond, documents show.

Ottawa's decision to deal with coastal oil spills from a base in Quebec would make it much harder to contain spills, and Transport Canada and the Coast Guard lack the needed "environmental expertise" to manage them, officials said in the documents obtained by The Canadian Press under freedom of information laws.

The notes were written by B.C. environment ministry bureaucrats for the incoming minister's briefing book in June, and other concerns were detailed by emergency response officials in memos from last year.

B.C. environment ministry bureaucrats voiced a range of misgivings for minister Mary Polak.

"The Ministry of Environment, as the ministry responsible for preparedness, prevention, response and recovery for spills, is not adequately staffed and resourced to meet the existing and emerging expectations to address spills," said the briefing book.

"Even a moderately-sized spill would overwhelm the province's ability to respond and could result in a significant liability for government.... The industry requirements ... are perceived as being insufficient in both scope and scale."

The briefing book notes many risks of a spill from a tanker negotiating B.C.'s coastal waters. THE CANADIAN PRESS

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Farmers' Almanac.
Summer's ending, time to start fretting about winter

The Farmers' Almanac is using words like "piercing cold," "bitterly cold" and "biting cold" to describe the upcoming winter in the U.S. And if its predictions are right, the first outdoor Super Bowl in years will be a messy "Storm Bowl."

The 197-year-old publication that hits newsstands Monday predicts a winter storm will hit the Northeast around the time the Super Bowl is played at MetLife Stadium in the Meadowlands in New Jersey.

It also predicts a colder-than-normal winter for two-thirds of the country and heavy snowfall in the Midwest, Great Lakes and New England. THE ASSOCIATED PRESS

197 years and counting

Based on planetary positions, sunspots and lunar cycles, the almanac's secret formula is largely unchanged since the first almanac in 1818.

- Modern scientists don't put much stock in sunspots or tidal action, but the almanac says its forecasts are correct about 80 per cent of the time.

Super Bowl fans may need a shirt, and a parka, next year if it's as "bitterly cold" outside in New Jersey as The Farmers' Almanac predicts. GETTY IMAGES FILE

'King of All Jewish Baseball' pitches sport to Israelis

Nate Fish. The former minor-league player tries to get youngsters in Israel interested in the old ball game

Nate Fish is excited. Things are off to a good start at this "Baseball for Beginners" practice, where 11 young Israeli boys are putting on mitts and pulling baseball caps over knitted yarmulkes.

"All right, now we've got everybody in the dugout like a real team!" he yells. Then he turns around to look at the diamond that his players have helped set up, and his voice drops. "Home plate is backwards, guys," he says.

In sports-mad Israel, where basketball and soccer are hugely popular, baseball is still mostly a curiosity for kids like these. Fish, a former minor leaguer, is trying to change that.

On Aug. 1, he became the first paid full-time national director of the Israel Association of Baseball, which is making a major new push to expand the reach of the sport beyond its base of American expats and their children.

"We have to change the identity of baseball in Israel a little bit," Fish said. "We have to make it cool and we have to make it exciting and athletic."

Fish, a youthful 33-year-old third baseman from Shaker Heights, Ohio, fits the part. In his blog, part travelogue and part absurdist comedy, he styles himself the "King of All Jewish Baseball." THE ASSOCIATED PRESS

Doth protest too much?

"The misconception is that baseball is slow and that baseball is boring. Baseball is fast."

Nate Fish, defending the sport, which has a reputation for being slow-paced

Baseball coach Nate Fish instructs an Israeli child during a "Baseball for Beginners" practice in Hashmonaim, West Bank, earlier this month. In sports-mad Israel, where basketball and soccer are hugely popular, baseball is still mostly a curiosity for children. MAX J. ROSENTHAL/THE ASSOCIATED PRESS

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Trudeau's toke tale aimed at dispelling smoke and mirrors

Transparency. Liberals hope host of measures will bring more public support than trouble

Trudeau's call to legalize weed has the added benefit of appealing to those who normally vote NDP, strategists say. FRANCIS VACHON/THE CANADIAN PRESS

There is method to Justin Trudeau's reefer madness.

His willingness to confess his past proclivity for puffing pot is part of a strategy to brand the Liberal leader as a different kind of politician — one who's transparent, even to a fault.

It's a risk that could pay off big or blow up in his face, Liberal insiders acknowledge.

His voluntary admission last week that he took a pull on a joint at a dinner party three years ago — while he was an MP — wasn't the first example of Trudeau's perilous frankness and it won't be the last.

During the leadership contest last spring, Trudeau voluntarily disclosed all his sources of income, including more than $1 million earned on the public-speaking circuit.

The fact that he continued to accept hefty speaking fees from charitable groups and educational institutions after being elected as an MP sparked sufficient backlash that he eventually offered to refund any dissatisfied group. In the end, none took him up on it.

The commitment to transparency isn't going to be confined to the leader, however.

During a three-day caucus retreat in P.E.I. that begins Tuesday, Liberal MPs and senators are to be presented with a template for publicly disclosing their expenses online. That's in keeping with a promise made by Trudeau last spring amid the uproar over the Senate expenses scandal.

MPs will also be given a rundown on how the party intends to handle Trudeau's pledge to hold open nominations in every riding across the country, forgoing the leader's power to appoint candidates or protect incumbents from challenges.

THE CANADIAN PRESS

What was, what will not be

Sarah Harper, the girlfriend of Christopher Lane, celebrates Lane's life during the Chris Lane Memorial Game at the Essendon Baseball Club on Sunday in Melbourne, Australia. Australian Chris Lane was shot dead in Duncan, Okla. Three teenage males have been accused. Police said one of the accused told investigators that the three were "bored" and decided to kill for the "fun of it." SCOTT BARBOUR/GETTY IMAGES

'Discrimination' or not?

FIFA awaits reply on Russia's gay law

FIFA President Sepp Blatter expects a reply within days from the government in Russia, the 2018 World Cup host, after requesting clarification of its law prohibiting gay "propaganda."

FIFA statutes state that discrimination is "punishable by suspension or expulsion" for individuals in football or member federations. THE ASSOCIATED PRESS

Netherlands

Protesters mock Putin over policy

More than 2,000 people protested in Amsterdam on Sunday, condemning the Russian government's homosexuality policies.

An enormous blow-up doll caricature of Russian President Vladimir Putin stood bare-chested and draped in a rainbow flag. Mayor Eberhard van der Laan hopes it sent the message, "Love is not propaganda." THE ASSOCIATED PRESS

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Canada looking to send its first astronaut to the moon

Global Exploration Road Map. A return to the moon within two decades is part of a plan developed by 14 space agencies

Canada could be sending its first astronaut to the moon under an ambitious long-term plan being developed by a group of space agencies around the world.

Canada is among the 14 space agencies participating in the International Space Exploration Coordination Group, which first started developing the strategy in 2007.

An early phase of the plan would put a new space station into orbit around the moon, and use it as a staging point to ferry astronauts back and forth. It's part of a roadmap that lays out human and robotic missions in the solar system over the next 25 years, with the other components including a moon settlement and a proposal to capture a near-Earth asteroid.

Jean-Claude Piedboeuf, the director of space-exploration development at the Canadian Space Agency, says there's an agreement among space agencies that returning to the moon is a stepping stone to a more distant target: Mars.

It would be the first human visit to the moon since 1972, when NASA astronauts Eugene Cernan and Harrison Schmidt spent 75 hours there. THE CANADIAN PRESS

Test bed

"You need to master how to land on a planet — and the moon can be a test bed for that ..."

Jean-Claude Piedboeuf, director of space-exploration development at the Canadian Space Agency

Astronaut Edwin E. Aldrin, Jr., lunar module pilot, prepares to walk on the moon in this July 20, 1969, file photo. Canada could be sending its first astronaut to the moon under an ambitious long-term plan.
NASA/THE ASSOCIATED PRESS-THE CANADIAN PRESS FILE

It wriggles, it squeals, it's adorable. Panda cub doing well: Zookeepers

The giant panda cub at Washington's National Zoo appears to be in excellent health, zookeepers reported after a 10-minute physical exam Sunday morning.

The panda, born Friday afternoon, weighs 136 grams, is pink with white fur and wriggled and squealed loudly when it was taken away from its mother, zoo officials said.

The mother, Mei Xiang was agitated when the cub was taken away from her, pacing and growling in her den, but the mother calmed down immediately after the cub was returned to her and she began cradling it.

A second cub was stillborn Saturday night. Zoo officials aren't sure what prevented the stillborn cub from developing, but it had abnormalities around its head and was missing its brain.

Mei Xiang gave birth to her only surviving cub, a male named Tai Shan, in 2005. Tai Shan enjoyed rock star status before he was returned to China in 2010. China owns the pandas at the zoo.

Mei Xiang gave birth to a cub last year after several years of failed breeding, but the cub died after six days. Its lungs hadn't fully developed and likely weren't sending enough oxygen to its liver. THE ASSOCIATED PRESS

A member of the panda team at the Smithsonian's National Zoo performs the first neonatal exam Sunday on a giant panda cub born Friday. COURTNEY JANNEY, SMITHSONIAN'S NATIONAL ZOO/THE ASSOCIATED PRESS

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Syria OKs chemical attack investigation

UN probe. Several countries urge military action if strike alleged to have killed more than 300 is verified

Syria agreed Sunday to a UN investigation into last week's alleged chemical weapons attack outside Damascus — a deal a senior White House official dismissed as "too late to be credible," saying the United States has "very little doubt" President Bashar Assad's forces used such weapons.

The hardening of the U.S. position came as calls for military action grow. In a sign the U.S. may be a step closer to an armed response, naval forces have already been dispatched toward Syria's coastal waters, although President Barack Obama has cautioned against a hasty decision.

With France, Britain, Israel and some U.S. congressmen urging swift military action against Assad's regime if the use of chemical agents is confirmed, the UN team's conclusions could have a dramatic impact on the trajectory of the country's civil war.

The agreement struck in Damascus calls for UN experts already in the country to begin an investigation Monday into the suspected chemical attack on rebel-held areas in the capital's eastern suburbs.

Anti-government activists and Doctors Without Borders say that more than 300 people were killed in an artillery barrage by regime forces Wednesday that included the use of toxic gas. The government calls the allegations "absolutely baseless."

THE ASSOCIATED PRESS

Black columns of smoke rise from heavy shelling in the Jobar neighbourhood, east of Damascus, Syria, Sunday. UN inspectors will have to traverse through both government-held and opposition-controlled turf to conduct their probe into an alleged chemical weapons attack. HASSAN AMMAR/THE ASSOCIATED PRESS

Applying pressure

Baird, Harper share outrage with leaders

John Baird
THE CANADIAN PRESS

Foreign Affairs Minister John Baird and other western leaders applied more pressure on Syria on Sunday, with a call for Syrian authorities to allow the United Nations access to the site of last week's alleged chemical attack.

Officials in Baird's office said he had separate phone conversations on Sunday with U.S. Secretary of State John Kerry and the Foreign Minister of the French Republic, Laurent Fabius. He spoke with British Foreign Secretary William Hague on Friday.

The ministers "shared their outrage" about recent events in Syria, especially the purported use of chemical weapons, said a foreign affairs official in an email.

Prime Minister Stephen Harper also was pulling the diplomatic levers over the weekend, discussing the situation in Syria by phone in separate conversations with British Prime Minister David Cameron and French President Francois Hollande.

THE CANADIAN PRESS

Saudi Arabia

Another dies of SARS-like illness

Saudi Arabia says one more man has died from a new respiratory virus related to SARS, bringing to 40 the number of deadly cases in the kingdom at the centre of the growing outbreak.

The Saudi Health Ministry said Sunday the 51-year-old man who died in Riyadh was also suffering from cancer and other chronic diseases.

THE ASSOCIATED PRESS

Iraq

Attacks kill at least 46 people

Insurgents bent on destabilizing Iraq killed at least 46 people in numerous attacks scattered around the country on Sunday, striking targets as varied as a coffee shop, a wedding party convoy and a carload of off-duty soldiers.

The attacks are part of a months-long wave of killing that is the country's worst spate of bloodshed since 2008, calling into question the security forces' ability to protect the country.

THE ASSOCIATED PRESS

Indian Bollywood actress Sonam Kapoor, right, holds a banner as she participates in a protest against the gang rape of a photojournalist in Mumbai, Sunday. Under intense pressure, police have acted quickly to hunt down the five suspects in the case. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Last arrests made in gang rape

Police on Sunday arrested the last of five men wanted in the gang rape of a photojournalist in Mumbai, and said charges would be filed soon in a case that has incensed the public and fuelled debate over whether women can be safe in India.

The victim, a 22-year-old Indian woman, said she was anxious to return to work after Thursday night's assault, in which five men repeatedly raped her while her male colleague was beaten and tied up in an abandoned textile mill in the country's financial capital.

"Rape is not the end of life," the woman told the Times of India. A statement from Jaslok Hospital, where she has been since the attack, said her condition was being monitored but that she was "much better" and was being visited by family. Indian law forbids identifying rape victims by name.

Police arrested the fifth suspect Sunday in New Delhi, the capital, after rounding up the other four in Mumbai.

"We will file a comprehensive charge sheet soon," said Mumbai's police commissioner, Satyapal Singh, assuring that police had the evidence to prosecute the suspects, including the victim's testimony and medical samples taken at the hospital after the assault.

THE ASSOCIATED PRESS

India. Hundreds of Hindus detained for defying ban on contentious pilgrimage

Authorities on Sunday detained hundreds of Hindu nationalists in northern India for defying a ban on pilgrimages to a disputed holy site that has been the cause of deadly clashes between Hindus and Muslims.

The city of Ayodhya, 550 kilometres east of New Delhi, has been under heavy security since last week, when the Uttar Pradesh state government announced a ban on the pilgrimages for fear of communal violence. Most shops are closed and people are staying indoors.

Members of the nationalist organization Vishva Hindu Parishad insisted they would go ahead with the 19-day pilgrimage, saying it was justified as a religious event, not a political one.

Police said more than 500 people, including the organization's leaders, were detained either in Ayodhya or on their way to the disputed 64-acre religious site on the event's first day Sunday. THE ASSOCIATED PRESS

Ayodhya

Muslims revere the site as the former location of the 16th century Babri Mosque, while Hindus say it is the birthplace of their god Rama and that a temple to him stood on the site before the mosque.

A Hindu holy man talks to a security officer deployed near a Hindu temple in Ayodhya, east of New Delhi, Sunday. RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

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Halt U.S. trade talks, Merkel's rival insists

NSA scandal. Social Democratic leader wants to suspend negotiations until America says if it's wiretapping German government offices

A visitor holds a postcard of German Chancellor Angela Merkel before asking for her autograph during an annual open-house day at the Chancellery Sunday in Berlin. Her government is being criticized for talking to Washington about a deal that would cut trade barriers between the EU and U.S. SEAN GALLUP/GETTY IMAGES

German Chancellor Angela Merkel's election challenger says he would suspend negotiations with the U.S. over a trans-Atlantic free-trade agreement until Washington clarifies details about National Security Agency surveillance programs.

Social Democratic leader Peer Steinbrueck, who is running for chancellor Sept. 22, said Sunday on ARD public TV that "I would interrupt the negotiations until the Americans say if German government offices and European institutions are bugged or wiretapped."

He criticized Merkel's government for talking to Washington about a deal that would eliminate regulatory trade barriers between the EU and U.S., while at the same time "we don't know if the Americans may be sitting under our desks with some technical devices."

Germany's independent privacy watchdogs say the surveillance programs breach an EU-U.S. pact meant to ensure cross-border data protection.

THE ASSOCIATED PRESS

New spying revelations

- The German magazine Der Spiegel says the U.S. National Security Agency secretly monitored the UN's internal video conferencing system by decrypting it last year.

Wallin watch

Oilsands Quest settles class-action lawsuit in U.S.

A U.S. court has approved a multimillion-dollar settlement in a securities fraud class-action lawsuit against a bankrupt energy exploration company for which embattled Sen. Pamela Wallin was a director.

From June 2007 to December 2011, Wallin was a paid member of the board of Oilsands Quest Inc., a Calgary-based exploration company. As a director, the Saskatchewan senator was named in the lawsuit along with fellow board members, TD Securities and Calgary consulting firm McDaniel and Associates.

The lawsuit, which was filed by investors in United States District Court in New York in 2011, alleged that Oilsands Quest and its directors overstated the value of the company's assets by $136 million.

THE CANADIAN PRESS

Education

N.Y. sues over Trump University

New York's attorney general has sued Donald Trump for $40 million US, saying the real estate mogul helped run a phoney Trump University that promised to make students rich but instead steered them into expensive and mostly useless seminars, and even failed to deliver promised apprenticeships.

THE ASSOCIATED PRESS

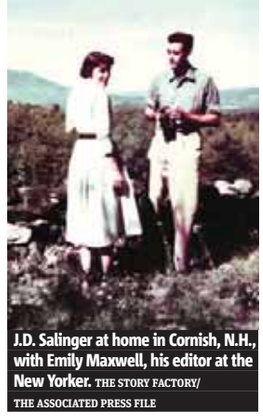
Publishing. Expect more J.D. Salinger books, new bio says

The authors of a new J.D. Salinger biography are claiming they have cracked one of publishing's greatest mysteries — what The Catcher in the Rye novelist was working on during the last half-century of his life.

Starting sometime from 2015 to 2020, a series of posthumous Salinger releases are planned, according to co-authors David Shields and Shane Salerno, whose biography, called Salinger, will be published Sept. 3. The Associated Press obtained an early copy. Salerno's documentary on the author is scheduled to come out Sept. 6.

Providing by far the most detailed report of previously unreleased material, the book's authors cite "two independent and separate sources" who they say have "documented and verified" the information.

THE ASSOCIATED PRESS



J.D. Salinger at home in Cornish, N.H., with Emily Maxwell, his editor at the New Yorker. THE STORY FACTORY/ THE ASSOCIATED PRESS FILE

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ENJOY YOUR PARK, IT'S ALL OURS

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

On Friday, I started the official celebration of Stanley Park's 125th birthday by huffing and puffing up the park's trails to Prospect Point.

I got an early start: 6 a.m.

But that's when I usually celebrate the park. At 6 a.m. — rain, shine, dark, light — three times a week, with my little band of fellow runners.

We run a different pattern every time, to mix it up. The names of the trails reflect the Dead White Guys who were the founding stewards: Rawlings, Merilees, Avison, Tatlow, Eldon, Lees, Thompson and Tisdall.

They're not all DWGs. There's Lovers and Bridle (and its alternate spelling Bridal; the signs along the path have it both ways), North and South Creek; the bird trails: Chickadee, Eagle, Wren and Mallard; and unofficial trail names: a handmade wooden sign renames Chickadee as Adrian's Trail. We don't know who Adrian was, but our group has adopted that name just the same.

Then there's Beaver Lake Trail. Beaver Lake may be disappearing, the victim of invasive species and silt, but the beaver is in residence and we are inspired by his early-morning industriousness.

There are 27 kilometres of official trails — and that's not counting the nine-kilometre seawall. Together they make for an endless number of combinations, such as, for example, up Bridle, right on Lovers, right on Squirrel, over the Pedestrian Overpass (or, if we're feeling full of beans, the Equestrian Overpass), onto Lake, around Beaver Lake, up North Creek to Chickadee, up Chickadee to Prospect Point, down Merilees to Tatlow to Rawlings and back to Second Beach.

Most mornings, we see more raccoons, squirrels, herons and beavers than people, and on special occasions, we see moles and owls … or moles hanging from the beaks of owls.

On these mornings, the park feels like our own personal preserve. But fortunately, as running buddy Heather likes to say, "The park is mine, but I like to share."

I'm sure all the other morning denizens of Stanley Park feel exactly the same way. There are other running groups, plenty of cyclists, and any number of regular walkers, solo and in groups. There are people who have yet to go to bed, and people who are still asleep. We try not to run over the former or wake the latter.

On some days, such as Friday morning when CBC Radio broadcast the Early Edition from Second Beach, it can seem almost crowded. On November or January mornings, to the accompaniment of horizontal rain, we're like miners, deep in the dark, our headlamps lighting the way. We spend enough of those mornings in the park, when no one else wants it, that it really does seem like ours.

In a way, it is. The same way it is yours. It belongs to all of us. And to no one of us.

Happy 125th, our park.

ZOOM

On paper, they're famous stars

COURTESY GILES OLDERSHAW

Showbiz icons cut out of cardboard

An artist in Oxford, England, has turned discarded cardboard into portraits of iconic Hollywood stars. Giles Oldershaw, 59, stripped and added layers of the stiff paper packaging to highlight each personality's facial features. Those portrayed include, clockwise from top left: Audrey Hepburn, Marlon Brando, Marilyn Monroe and Alfred Hitchcock. METRO

Q and A

One man's trash

GILES OLDERSHAW
Artist, 59, from Oxford, England

What's your technique?
With one eye on a photograph of the star, I use a scalpel and a pair of tweezers to remove layers of cardboard to create defining features.

Where did your love for cardboard come from?
I grew up in the outback of Australia, my family was very poor and I didn't have many toys. Instead, I got used to using found objects from the local dump.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I spent a big chunk of this weekend travelling, which means I also spent a big chunk of it whiling away the hours on iOS games. These are the games I was playing:

Plants vs. Zombies 2:

The wildly anticipated sequel to Popcap's wildly successful flora-versus-the-undead epic is finally out. Plant aggressively defensive plants with varying abilities in front of your house to keep it safe from the invading zombie horde. The choice to go freemium was controversial, and I'm on the anti-side. The in-app purchasing is handled fairly well, but I would have been happier to pay a few dollars for the full game. (iOS/Free)

Clash of Clans:

Another addictive free-to-play time-suck, Clash of Clans is a little older but new to me. Build a village containing all the buildings and supplies your average tribe of fearsome warriors may need. Hone your battle skills with skirmishes against the game's AI armies to prepare for the first invasion from a real-life player. It's all huge fun. (iOS/Free)

Fetch:

A heart-melting, point-and-click adventure starring a boy and his dog — or a boy and a search for his dog, rather. Aimed squarely at younger gamers, the storybook presentation and colourful cast of characters will hook anybody who doesn't have a heart of stone. (iPad/$4.99)

Twitter

#VMAs #timeless

@VictoriaJustice: So excited for the VMA's... heard there might be an @NSYNC reunion :O Anyone else watching? #VMA

@troyesivan: Waking up extra early today to watch the #VMAs live, because time zones are a thing

@maggiewrobel: N Sync reunion pending, I would also accept JT performing 'Justified' in its entirety

@SoVeryAwkward: That awkward moment when you're irrationally excited for the #NSYNC reunion tonight. #VMAs

@mikesbloggity: Wake me when there's a Moffatts reunion. #VMAs

@jennxpenn: So proud of my friends @jccaylen @alexalosey & @LOHANTHONY at the VMAs. Such a cool experience, hopefully one year I can go too! #VMAs

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Stay-at-home socialites

Slice's newest clique under the microscope is a group of six well-off ladies living with their parents on Long Island. But the young women of Princesses: Long Island want you to know that beneath the expensive bags and the Jimmy Choos are six girls just trying to make it in the world. Here's a look at each of them. Princesses: Long Island premieres Monday. **METRO**

Chanel (Coco) Omari, 28

Chanel grew up in a modern Orthodox Jewish family and dreams of one day becoming a talk show host.

On moving back home: "We went through what everybody went through with the economic crisis. We all lived in the city at some point; we all tried to manage, and we couldn't, so we had to move back home. It doesn't mean that we're all not trying to find our independence."

Casey Cohen, 28

The leggy blond is probably the least Long Island of the bunch — she spends her days working up a sweat at SoulCycle and lounging at the SoHo house rooftop. At night, she waitresses at trendy Meatpacking spot 1 Oak.

On relying on her girlfriends "Every girl wants to be a princess. I want to find that prince, but I haven't, so we have each other to go through that process."

Ashlee White, 30

Though she loves living at home with her best friends (her parents), Ashlee looks forward to the day that she can be a stay-at-home mom and treat her husband like royalty. Fun fact: Her parents have a pool in the shape of an Absolut bottle.

This ain't no Jersey Shore: "Right now everyone is getting to know our names, and I can't wait for them to really know our stories, because we're so relatable, and once they hear our stories, the stereotypes — I feel like — will just disappear."

METRO IS TUNED IN TO THE NEW TV SEASON ALL THIS WEEK. PICK US UP DAILY OR VISIT METRONEWS.CA

Erica Gimbel, 29

Erica loves singing, dancing, hitting the beach and spoiling her two Cavalier King Charles spaniels.

Mall day or beach day? "Roosevelt Field stresses me out. Me and Amanda can be seen on the beach with SPF maybe four or eight with sunshields."

On being a Princess: "We're all very comfortable in our own skin, and we're all confident and unapologetic on who we are."

Amanda Bertoncini, 27

Amanda lives with her mom and runs her company, The Drink Hanky, which makes beverage sleeves to keep drinks warm and cool. She met her main squeeze, Jeff, on the Long Island Railroad.

Where to find her this summer: "I love Long Beach."

No horse-drawn carriage for her: "This princess rides the subway. I just have no patience. I just want to get there. When I drive in the city, I just want to, like, run over someone. Not literally."

Joey Lauren, 30

Joey moved out of the city and back with mom and dad after getting her heart broken. She's currently working on growing her business, Kissamint LLC, which packages lip gloss and breath fresheners together in one unit.

Where to find her on a summer day: Field 4 at Jones Beach

On potential suitors from outside Nassau County: "If I was trying to find love that wouldn't matter to me."

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There are no friends at the auction: Storage Wars hits Canada

It appears the first rule of Storage Wars Canada — and no, it's not that you don't talk about Storage Wars Canada — is that "once the auction starts, there are no friends at the auction," said Don Reinhart, auctioneer on the Canuck version of the U.S. phenomenon.

"You go to an auction, no one likes each other," adds Bogart Kenney, who, with his dad, Paul, are nicknamed High Roller and The Kid on the show. "You are all there to make a profit."

Airing this fall, the City program pretty much follows the success of the American version, although finding a piece of Canadiana is always in the cards as these characters bid on storage lockers whose owners default.

"We don't know what is going to happen. We are as surprised as anybody. We are just seeing these lockers for the first time," says Paul Kenney.

"It's Toronto, you just never know what we are going to find here," added Cindy Hayden.

"My best past find is a 3.14 carat diamond ring that we found in December."

She and Rick Colfill are referred to as The Veterans on the show, and are not above playing dirty to get the storage locker they want.

They can contain anything from antiques and restaurant equipment to the personal papers and family heirlooms of a person simply down on their luck and unable to keep up with their locker fees or simply forgetting to update their information when their old credit card expires.

"We have, plenty of times," says Hayden about feeling guilty for buying a stranger's once-loved and still cherished possessions. "Everyone has their own stories.

"There are times when you just want to pick up the phone and call that person and say, 'Look, I just bought your stuff, and would you like to buy it back? I am giving you a second chance to buy it back.'

"It does sound cold, but that is a business."

Storage Wars Canada premieres this Thursday on OLN and airs Sundays on City.

METRO

Storage Wars Canada's cast of regulars includes Cindy Hayden — yes, that is the 3.14 carat ring on her left hand — and Rick Colfill. CONTRIBUTED

Personal effects

There are items the storage war buyers will return to the former workers. This includes personal papers and family photographs.

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Zayn Malik

Zayn headed in one direction, down the aisle

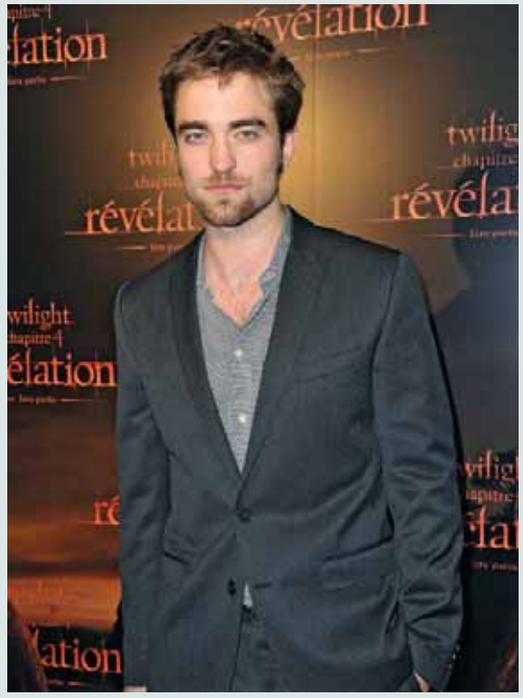
Days after news of his engagement to Little Mix singer Perrie Edwards broke, One Direction member Zayn Malik took to Twitter to share his feelings about the big news.

"Never been more happy in my life," he wrote. "Thank you to everyone that has been so lovely about my engagement to my beautiful fiancé."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rich celebrity wants you to know it's not all that great

Robert Pattinson wants everyone to know that fame is not all it's cracked up to be.

"People don't realize how lonely you are," he tells GQ magazine.

"It's strange; you don't have a normal life anymore. You spend much time trying to fight it, but in the end you find another way to live."

And that's not all.

"When you become famous, it's easy for some people to hate you just because you are famous," he adds. "That's why, sometimes, you beat yourself up."

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Book excerpt

Online boss

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Basically, there is no better place to be the boss of your kids than in the world of social media. It's a privilege, not a right, for them to be there. Use your common sense and monitor them. Take, for instance, the concept of Facebook creeping. As a parent, this is a valuable management tool when it comes to finding out what your children are doing that they consider being brag-worthy. In other words, things they shouldn't be doing and don't want you to know about.

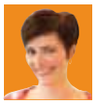
Should you discover any unsavoury material on their page — which could include drinking, damaging public property, tattooing, or, worst of all, dissing their mother — punish them without explaining why. This is a perfect opportunity to pull out the "If you have to ask why, then you truly must think I am stupider than I am." (You may not want to use stupider in this particular context.) Creep their friends too, and tell on them to their parents. They're the boss of their kids too, remember? FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013, WHICH HAS BEEN OPTIONED BY WARNER BROTHERS TELEVISION.

Exclusively online

"Why do you keep asking WHY?!" Read Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in bookstores across North America Sept. 10.

Back-to-school kitchen juggle

Michael Smith.
The chef, TV personality, writer, environmentalist and dad shares his tips



THERESA ALBERT
DHN, RNCP
myfriendinfood.com

Chef Michael Smith believes keeping it simple is key to surviving the back to school rush and the kitchen in general. COURTESY THERESA ALBERT

1. Smith's kids love to cook pancakes on the weekend, so they make a whole-grain batter, double it and use it up the next day for waffles. Seasonal fruits and homemade compote make quick, healthy breakfasts.

2. Decide that the kitchen is fun, not work. Don't worry about the cleanup part. Just create a system to make quick work of that too.

3. Serve all meals "family style" on platters to please everyone's palate and hunger level. The leftover components can be transformed into lunches.

4. Cook outside on the grill as long as you can while the weather is good. Grill a bunch of fish fillets, chicken breasts or legs at the same time and toss into salads.

5. Have a fridge shelf designated for fruit and chopped veggies, ready for the after-school rush. Kids are hungry at this time and you have more of a chance to "hit the mark."

6. While you are cooking dinner, put an extra pot on the back burner with veggie ends, peels and bones. This makes a very nourishing soup or broth for rice. Reduce it all the way down after straining and it can become a sauce.

7. Make baby food out of whatever you have on the go. Mash and jar, then freeze.

8. Cook your basics in advance when you have time. Quinoa, wild rice, beef, tomato sauce and the like do very well in the fridge throughout the week.

9. Have a neighbourhood baking rally. Trade off muffins, biscuits, breads and loaves to get everyone in on the process.

All in all, Smith believes removing fear of cooking is key to getting back to basics (which is the name of his new cookbook, by the way ... go figure!) and surviving the back-to-school rush.

Clean-up system

Having a system to make cleanup easier encourages you to get into the kitchen more often. Smith shares these cleanup tips:

- **Dishwasher.** Smith is a big fan of a dishwasher that is clean and dishes that are spotless. He swears by Cascade Platinum because he doesn't have to rinse or hurry, so it saves time and effort.
- **On the go.** According to Smith, the discipline of "cleaning as you go" translates into better cooking. He believes that "every craft benefits from discipline."
- **In a bowl.** Use a garbage bowl for compost and dishes for all ingredients. It is more efficient and safer to stick dishes in the dishwasher than it is to clean the counter.
- **Wipe away.** Wipe baking spills from pans with a moist clean cloth before you bake so sugars don't burn. Small drops make bigger problems.
- **Maximize.** Have a dishwasher system that uses your dishwasher to the max. Stacking well also makes unloading a snap.

Tomatoes, cheese and basil: the most perfect trio for couscous

This recipe serves four. CONTRIBUTED/ ROSE REISMAN

ROSE REISMAN
rosereisman.com

Israeli couscous is a small, round semolina pasta, different from the tiny, yellow North African couscous. It's often referred to as pearl pasta because of its shape and texture.

Although it is becoming more readily available, you may have to go to a specialty store to purchase it. You can substitute very small pasta.

1. Bring a large pot of salted water to a boil and add the Israeli couscous. Boil for about 8 minutes or just until couscous is tender. Drain well and add to a serving bowl.

2. Add the tomatoes, goat cheese, Havarti, green onions, basil, Parmesan, olive oil, garlic and salt and pepper. Toss well and serve warm.

Ingredients

- 1 cup (250 ml) Israeli couscous
- 1 cup (250 ml) diced Roma tomatoes
- 1/4 cup (60 ml) crumbled goat cheese (about 1 oz/30 g)
- 1/2 cup (125 ml) shredded Havarti cheese (1.5 oz)
- 1/3 cup (80 ml) chopped green onions
- 1/3 cup (80 ml) chopped fresh basil or parsley
- 2 tbsp (30 ml) grated Parmesan (or Asiago) cheese (0.5 oz)
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 ml) finely chopped garlic
- pinch of salt and pepper

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No purchase necessary. Contest open to residents of Canada excluding Quebec who have reached the age of 18 years or older. Odds of winning depend on the number of eligible entries received. To enter and for complete contest rules visit www.clubmetro.com

I'm unsure about Junior's ensemble...

Clothed in concern.
How to convey that less dress doesn't always impress

Before her daughter leaves the house, Elena Grant has established a rule to help ensure her teen's ensemble isn't too revealing.

"She's got to lift up her arms, and if her shirt comes up above her belly, she's got to put a cami(sole) on or tank top."

As owner of online tween clothing boutique Sofiabella.ca — which also operates a retail store in North Vancouver —Grant makes a concerted effort to carry age-appropriate clothes and to offer alternatives to more suggestive or grown-up offerings targeted to the younger demographic.

"It has to be on trend. The girls want to be in style," said Grant, mother to 15-year-old daughter Sofia and sons Josh and Ben.

"So what the challenge is is in finding pieces that have the look of what's current but that's cut appropriately for their bodies and nothing that's going to be too sophisticated or too sexy."

While the '80s, off-the-shoulder look is in vogue, Grant said she aims to stay away from such selections as much as possible. Instead, she'll try to find styles that don't completely bare the shoulder and encourage girls to wear tank tops with wider straps underneath to "get a bit of the look without going overboard."

Elena Grant poses amongst clothing for sale at her home-based business Sofiabella, which sells age appropriate clothing for pre-teen girls, in North Vancouver. DARRYL DYCK / THE CANADIAN PRESS

Grant said she has engaged in a lot of open communication with Sofia on the subject of fashion choices and stressed the importance of "what you say to the world by what you wear."

"Even though you think the pair of cute little cutoff jean shorts are trendy and in style and comfortable, what are you saying to the world when half your butt is showing or your bra strap is showing or your belly is showing?

"Right or wrong, people make a judgement on what you are based on what you wear, especially (after) a first impression. Now that she's older, she understands it a lot more."

THE CANADIAN PRESS

Correction

Incorrect information appeared in the Hands on Training at Langara College article published in Continuing Education section on Aug. 20. The College of Massage Therapists of British Columbia (CMTBC) is the regulator for massage therapy in B.C., not in Canada. In addition, Langara independently developed its curriculum based on the standard entry-to-practice requirements established by the CMTBC. Students of the program will receive a certificate from Langara College and will be eligible to write the CMTBC registration exam, a requirement of all massage therapists in the province. B.C.-educated RMTs are also eligible for registration in other regulated provinces, under the Agreement on Internal Trade. METRO

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‘A lot at stake’ for Bobby Lu

NHL. Veteran goaltender arrives at Hockey Canada Olympic orientation camp after clearing air with the Canucks

CAM TUCKER
cam.tucker@metronews.ca

In case you missed it, Roberto Luongo will attend training camp for the Vancouver Canucks.

After weeks of speculation among the media and fans, the veteran goaltender broke his silence about his future in Vancouver in an interview with TSN’s James Duthie.

The interview was broken into two segments. The first aired on Friday, and the second the following day.

Luongo, who has a 12-year, $64-million contract, was the designated backup behind Cory Schneider during the lockout-shortened 2013 season, after being relegated to the bench in the Canucks’ first-round loss to Los Angeles in 2012.

But the goaltending dynamic in Vancouver underwent a massive seismic shift when Schneider was dealt to New Jersey at June’s NHL draft for the ninth-overall pick.

With Schneider now in the Eastern Conference, the starting job in Vancouver is once again Luongo’s.

“I have a contract. I plan to honour it. There’s a lot at stake for me this year,” Luongo told Duthie during Friday’s segment.

“First and foremost, I want to establish myself as one of the top goalies in the league.”

The timing of the Luongo interview was also interesting. Luongo is in Calgary for Hockey Canada’s Olympic orientation camp, which officially began on Sunday.

It was believed that in order to avoid a complete media circus around just one player, Luongo would have to reveal his plans to come back to the Canucks.

He has broken his silence on that matter.

Now begins the process of determining which NHL players Hockey Canada will choose to represent the nation at the 2014 Olympics in Sochi, Russia.

Luongo was manning the crease for Canada when it won gold at the 2010 Vancouver Olympics in a thrilling overtime victory against the U.S.

He’s one of five goalies in Calgary this week.

Coach’s comment

“What Lu’s got going for him is he’s won in the past.”

Canada head coach Mike Babcock, on Luongo’s chances to start in Sochi.

Roberto Luongo takes questions from reporters after arriving in Calgary for Hockey Canada’s orientation camp on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

The Whitecaps’ Kenny Miller reacts during Saturday’s loss to the Galaxy. THE CANADIAN PRESS

MLS. Whitecaps look to avoid capsizing

The Vancouver Whitecaps, in the midst of a very tightly packed Western Conference playoff race, have gone into a mini slide.

The local MLS slide lost 1-0 to the L.A. Galaxy on Saturday, making it back-to-back games in which it has failed to score. The losses have pushed the Whitecaps out of the top five in the West and, most important, out of a playoff spot.

Against the Galaxy, the Whitecaps gave up an early goal to Landon Donovan and then couldn’t find the equalizer.

Their best chance came late in the second half, when rookie Kekuta Manneh ripped a shot off the post. Jordan Harvey appeared to have a wide open net off the rebound, but his shot was denied on a spectacular diving stop by Jaime Penedo.

The Whitecaps host Chivas USA, the last-place team in the West, on Saturday.

“I’m not concerned about it,” head coach Martin Rennie said after Saturday’s loss.

“We are one of the highest-scoring teams in the league and I’m sure we’ll get back to it.”

CAM TUCKER/METRO

Baseball

Canadians end skid vs. Spokane

The Vancouver Canadians snapped a four-game slide with a 6-2 win over the Spokane Indians on Sunday at Nat Bailey Stadium. Surrey’s Justin Atkinson had two hits and two RBIs for the Canadians. Kyle Anderson picked up the win for Vancouver. METRO

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Licensed Medicinal Marijuana Patients Needed

Focus Group: “Medicinal Marijuana Patient Needs, Usage and Consumption Patterns” • $75.00 per participant

Health Canada Medicinal Marijuana Access Regulations (MMAR) are undergoing a shift in its structure with new regulations being put into effect spring of 2014.

As part of that shift, Agrima Botanicals is applying to secure one of the available government issued licenses to produce, manufacture and distribute medicinal marijuana as part of the new Health Canada MMPR program structure.

Agrima Botanicals is conducting a series of focus groups to learn and understand the needs, consumption and usage patterns of licensed medicinal marijuana patients within the soon to be launched Health Canada MMPR program.

If you are an official Health Canada licensed medicinal marijuana patient, we would like you to join a small group of other Health Canada licensed medicinal marijuana patients to help us gain insight and feedback in order to effectively service this segment of the market.

Times: **Group 1: 5 to 7pm • Group 2: 7 to 9pm**
Date: **September 3, 2013**
Where: **Downtown Vancouver**

To enquire on details & your eligibility to participate, please email your:
• Age • Gender • Contact phone number
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AGRIMA Botanicals

Horoscopes

Aries
March 21 - April 20
You may think you know all there is to know about a friend, but do you? Something you discover today will surprise you and require you to look at them in a new light. Maybe they're not so predictable.

Taurus
April 21 - May 21
You have lots to do this week and you must get help. If you attempt to do it alone, you will most likely end up in a mess and get angry at the world.

Gemini
May 22 - June 21
Make sure you know what is expected of you before you agree to take on more responsibility. You may be desperate to get ahead in your work or boost your income but it cannot be at any cost.

Cancer
June 22 - July 23
Minor disagreements may get out of hand today, so try not to speak or act in a manner that could be seen as threatening. One minor spark could be all it takes to ignite a major blaze, so be extra careful.

Leo
July 24 - Aug. 23
It's easy to blame others when things go wrong but on this occasion, the fault lies with you. Once you own up to that, you can find a way to put things right again. Others will help.

Virgo
Aug. 24 - Sept. 23
You may be desperate to make a new start and the Sun in your sign makes it possible but don't push too hard today. Whatever choices you have in front of you there will be even better ones later in the week.

Libra
Sept. 24 - Oct. 23
Venus in your sign is at odds with Uranus, planet of the unexpected, today, which suggests that someone close will be pushing to make changes. Let them. It's unlikely they will affect you.

Scorpio
Oct. 24 - Nov. 22
Don't worry if you don't seem entirely "with it" at the moment. The challenges of the weekend have taken their toll and it may be a day before your mind is completely switched on again.

Sagittarius
Nov. 23 - Dec. 21
There are a thousand and one things that need doing in your life and you know if you don't start on them now, they will never get done. Be ruthless in your time management.

Capricorn
Dec. 22 - Jan. 20
You may be tempted to use shock tactics today but the planets warn it's not a good idea. You may even make things worse by provoking others to respond in kind.

Aquarius
Jan. 21 - Feb. 19
You are right and everyone else is wrong. That's the way you look at it and no one is going to convince you otherwise. This time tomorrow though, you'll be having second thoughts.

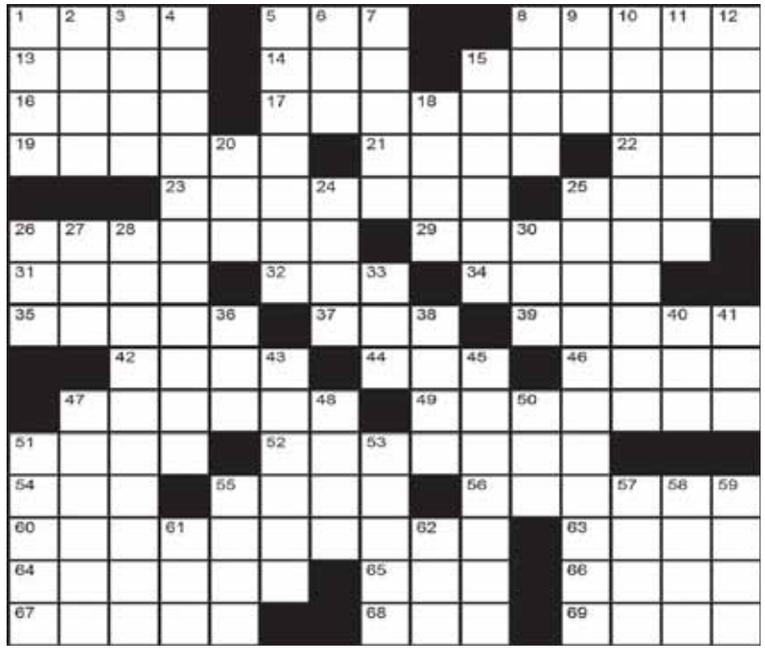
Pisces
Feb. 20 - March 20
For some strange reason you fear the worst, even though there is no obvious reason why you should. Listen to your instincts but don't let them paralyze you into inaction. Just this once, they could be wrong.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

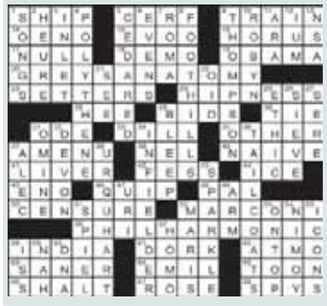
BY KELLY ANN BUCHANAN



Across
1. Type of lettuce
5. US airer of "Mad Men"
8. Lady's Disney dog co-star
13. Nabisco treat
14. Mauna __ (Hawaiian volcano)
15. Singer Justin
16. Harbinger
17. Rap act, __ & Ryan Lewis
19. From whence 'Canada' originates
21. Cocktails, Mai __
22. Hi-__ graphics
23. Popper-outer-of-pop, __ machine
25. Afflicts
26. Ms. Lansbury's
29. Scooby-Doo's master
31. Diving bird
32. Nero's 155
34. Ms. Spelling
35. Shindig
37. As written
39. Varieties
42. Couples
44. Ms. West
46. Organized†crime boss
47. Mom-portrayer on #8-Down, Meredith Baxter __
49. Banting and Best... Canadians who co-discovered what?
51. "Groove Is in the Heart" by __-Lite
52. City __ (Municipal body)
54. German 'I'
55. Water bird
56. Eye part
60. Cavity causer: 2 wds.
63. Les Etats-__ (United States, in French)
64. Villager, say
65. Around-the-track unit
66. Newfoundland's nickname, The __
67. Designer Mr. Cassini's
68. Approx.
69. Particular baa-ers

Down
1. Oprah's Club link
2. "__ la Douce" (1963)
3. "__ there, done that."
4. New __, Nfld.; or, Place __ (Montreal building)
5. The Old Farmer's __
6. Bygone bird
7. Prickly desert plants
8. Michael J. Fox sitcom, "Family __"
9. Shortened sleep state
10. APTN = __ Peoples Television Network
11. Just
12. Iron
15. Scourge
18. Wichita's li'l state
20. __ Aviv, Israel
24. Fast web connections
25. Farming
26. High peak
27. Cacharel perfume
28. 'Mr. Hockey', Canadian legend from Saskatoon: 2 wds.
30. Hunky-dory
33. Energy
36. Poetically far
38. Abel's brother
40. Printer resolution meas.
41. Bart, to Homer
43. Break from a group
45. Convert into secret code
47. Stay groovy: 2 wds.
48. Yesteryear
50. "Sprechen __ Deutsch?"
51. "Same here."
53. "Full House" character, __ Jesse
55. Not that
57. "_ ___ pronounce you..." (Altar words)
58. Pleasant
59. Questions
61. 1987 to 1994 'Star Trek' series, to fans
62. Writer Mr. Milne's

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3				9		
	9		2		6		7	
6	8						3	4
		5	3		4	6		
1								7
		2	5		9	8		
3	2						5	1
	4		8		3		2	
		6				3		

Friday's Sudoku

8	4	7	2	5	9	1	3	6
2	5	3	1	6	4	7	9	8
1	6	9	8	7	3	4	2	5
3	9	1	4	8	2	6	5	7
7	2	5	9	1	6	8	4	3
6	8	4	7	3	5	2	1	9
5	1	8	3	2	7	9	6	4
4	3	2	6	9	8	5	7	1
9	7	6	5	4	1	3	8	2

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